



Why are you Exercising?

Why are you exercising? Why do you walk out of the locker room, put your headphones in, and prepare yourself to sweat a few times a week? Why?

Day after day, we show up and do the same workout at the same place. It's easy to get stuck in the monotony of fitness and go through the motions every time you walk into the

fitness center. It's been preached to us our entire lives to stay active and, more often than not, we apply that at the most basic level. We have no problem showing up to exercise, but it quickly becomes a chore when it could be a much more joyous experience.

So, I ask you again: *Why* are you exercising? Dig a little deeper. Whatever your reason is, whether it be to live a longer, healthier life with your family or to feel more confident in your body, identify **why** you are prioritizing your health. Then, remind yourself of that each time you set out to challenge your fitness.

Find what works for you, find what helps you reach your goals, and find what brings you joy. Exercise can be life changing if you celebrate what your body can do and remember why you got off the couch in the first place.

Need a little inspiration or guidance with your current exercise program? Fitness center members can choose from the following complimentary personal training services as part of their base membership.

-Personalized Fitness Assessment: A trainer will take you through a series of exercise tests including the InBody to assess your current level of fitness. Specific exercise recommendations, following the American College of Sports Medicine guidelines, will be discussed based upon assessment results, personal goals, and interest.

-Personalized Program Design: Meet with a trainer who will design a personal fitness program based upon your goals and interests, as well as take you step-by-step through your first workout.

-Program Follow-Up: A trainer will meet with you in week 4 to review your program, answer questions, and make appropriate progressions to keep you moving towards your goals.

-Program Progression: Vary your exercise program to avoid boredom and plateaus. Meet with a trainer around month 3 to change your routine and keep your body/muscles surprised and constantly adapting.

Stop by the front desk or call 243-9404 to schedule an appointment with a trainer.

2019 Flu Shot Schedule

Flu vaccinations are available on the following dates & times for GE employees, spouses, dependents (16 and older), & retirees.

Mon. 10/7	GE Fitness Center	8a-5p
Tues. 10/8	North Pointe 2, Development Training Rm	8a-12p
Wed. 10/9	GE Fitness Center	4p-7p
Thurs. 10/10	GE Family Wellness Center	8a-12p
Fri. 10/11	GE Fitness Center	6a- 4p
Mon. 10/14	GE Family Wellness Center	12p- 4p
Wed. 10/16	North Pointe 1, Integrity Training Rm, 3 rd floor	11a- 3p
Fri. 10/18	GE Family Wellness Center	8a- 12p
Thurs. 10/24	GE Family Wellness Center	12p- 4p



Dietitian Corner-How to Prevent the Common Cold & Flu Naturally

Eating healthy is a great way to boost your immune system, especially with flu season right around the corner. Sometimes it is impossible to avoid getting sick, but if you take good preventative measures, the severity and the duration of the illness can be lessened and shorter. Here are the top 10 natural strategies to help prevent and fight off any illness.

Increase fruits and vegetables for immunity-enhancing Vitamin C and A. Consume red and orange fruits and vegetables, dark green leafy vegetables, and citrus fruits to strengthen your defenses against different pathogens and reduce the duration of cold symptoms.

Eat foods with anti-microbial action. Foods in the allium family such as garlic, onions, leeks and chives contain potent oils that may protect against bacterial and viral infections.

Decrease sugar or refined carbohydrate intake. These increase blood sugar, which can slow down our white blood cells from responding to and killing off foreign invaders.

Increase selenium in your diet. This mineral is essential for proper immune function and works as an antioxidant to help guard against infections and flu.

Drink hot herbal teas, broth or soup. They deliver disease-fighting polyphenols & flavonoids. These antioxidants seek out cell-damaging free radicals & destroy them.

Manage stress. When your stress levels are high and the body's stress response is in overdrive, it becomes harder to fight off infection.

Consume protein foods that are rich in essential minerals such as zinc. Include foods like turkey, shellfish, beans and nuts to build immunity cells & reduce the duration of your illness.

Strengthen your microbiome with probiotics and prebiotics. These help fight off bad bacteria that form in the gut from illnesses and keep the lining of your intestine healthy.

Sleep soundly at least 7 hours nightly. Sleeping is incredibly important for the body to rebuild, restore, and keep the immune system healthy.

Engage in exercise. Movement helps boost the lymph system to enhance the capacity of your immune system.

GE Swim Elite Club Incentive Program

This 8-week swim/water walking incentive program **begins Monday October 14th.**

Reach your skill level goal by **December 14th.**

Elite -70 miles individual or 85 miles as a team of 2

Pro - 45 miles individual or 60 miles as a team of 2

Semi-Pro - 25 miles or 40 miles as a team of 2

See the lifeguard on duty to sign up.



Welcome Fitness Specialist Ian to the GEFC Team

Ian Hibner is our newest Fitness Specialist joining the GEFC team. Ian hails from Dayton, Ohio where he comes to us from the Xenia YMCA of Greater Dayton.

Ian graduated from Ohio University with a Bachelor's degree in Exercise Physiology. He is also a National Academy of Sports Medicine certified personal trainer. He has experience training exercisers of all levels including diabetics and pro athletes.

Fun Fact: Ian has completed seven 100 mile bike rides at locations around the country to raise money for the Juvenile Diabetes Research Foundation as he has been Type 1 Diabetic for 24 years.